



# HERITAGE·CENTER

## NEWSLETTER

September  
October  
2013

A RECREATION CENTER FUNDED AND OPERATED BY MURRAY CITY DEDICATED TO ENHANCING THE QUALITY OF LIFE FOR ADULTS AGE 55+.

### Services Offered

- Arts & Crafts
  - Cultural Programs
  - Daily Lunch
  - Education
  - Exercise
  - Health Services
  - Information & Referral
  - Recreation
  - Socialization
  - Transportation
  - Travel
  - Volunteer Opportunities
- Open Monday  
through Friday  
8:00-4:30  
Thursday  
8:00-10:00



### National Senior Center Month - Open House Monday, September 9 - 4:30-8:00

Invite friends and family! Rib dinner served from 5:00-7:00. Dinner tickets on sale now. The Great Basin Street Band will perform at 7:00. The Art Truck will be in the parking lot from 4:30-6:30. Displays from talented seniors will run from 4:30-8:00. See the article on page 11 for complete details.



### Thursday, October 24 - 11:00-1:30

Tickets on sale September 19. Select your table when you purchase your tickets. Enjoy the music of the Salzburger Echo Band and a German style meal! Choose Chicken or Bratwurst when you reserve your table. See the article on page 12 for complete details.

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INSIDE THIS ISSUE ARE DESCRIPTIONS OF UPCOMING PROGRAMS, CLASSES, AND SERVICES.  
KEEP THIS COPY AS A REFERENCE FOR YOURSELF AND OTHERS. ONE COPY PER FAMILY PLEASE.  
DONATIONS TO HELP COVER THE COST OF THIS NEWSLETTER ARE APPRECIATED.

## Advertisements

The Heritage Newsletter accepts sponsors who are eager to convey their message to our audience and to support production of this publication. Camera-ready copy is required and must be received by the 10th of the month preceding publication.

Rates, based on a one issue insert:

\$200 full page

\$250 back page

\$100 half page

\$50 1/4 page

\$25 1/8 page

Multi-issue discounts are available. Request a rate card by calling or writing the Center:

Heritage Center  
#10 E. 6150 S.  
Murray UT 84107  
801-264-2635  
fax 801-284-4233

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Personal notices are charged the rate of 50¢ per line per issue.

♦♦♦

## Special Accommodations

Persons needing special accommodations to participate in activities at the Center are requested to inquire at the front desk. The Center will make every effort to assist hearing, vision, or physically impaired participants if notified at least three working days in advance of the need. ♦

## Heritage Newsletter

This newsletter is produced monthly by the Heritage Center staff and is available to center participants. The Heritage Center is funded and operated by Murray City.

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## *Heritage Center Staff:*

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### Building Attendant

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♦♦♦

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## Newsletter Cost

The suggested donation for this publication is 75¢. Subscriptions are available for \$18 per year and mailed to your home. ♦

## Notary Available



Susan Gregory, Heritage Director, is a Notary and available to sign documents that need to be notarized. Susan is not always available so appointments are encouraged. ♦

## Copies

You can get a copy made at the front desk for 10¢ per page. Copies are limited to 10. ♦

## Gifts

Gift certificates are available for any program offered at the Center. A one day notice is needed for gift certificates. If your son, daughter, grandchildren, or friends don't know what to give you for your birthday, suggest a gift certificate, a credit on your Heritage account, or a week's supply of lunch coupons. ♦

## Credit Cards



The Heritage Center accepts all major credit cards for activity payments at the Center. Credit cards may be used to make reservations for classes and activities over the phone or in person. ♦

## COMPUTERS...COMPUTERS...COMPUTERS

### Computers

The computer lab has 7 personal computers with Windows 7, Microsoft Word Starter and Internet access. The Center also has wireless Internet in the building. A webcam is available to check out at the front desk and is used for calling friends and family on SKYPE. See Susan if you want to learn how to use the webcam.

Computers are available any time a class is not being held. There is no charge to use the computers but printing is 5¢ per page.

Group and Private classes are available. Group classes are scheduled based on interest. Private lessons are a great way to have your individual needs addressed. Private lessons are only intended to address issues with a program you currently use, not to teach you a new program. Sign the interest sheet at the front desk if you'd like a group class on subjects such as Computer Basics, Internet, Email, Excel, Facebook, Photo touch up or others. Group lessons are 3-5 sessions long.

Private lessons cost \$3 for 1 hour and are available on the following days: Monday mornings with Calli, Wednesday at 10:00 or 11:00 with Carolyn. Glen is also in the Computer room on Fridays from 9:30-11:30 to answer questions (free). Karl Molander is available for genealogy lessons and scheduled as needed.

Group classes for September and October:

**Basic I** - for someone new to the computer or the person who needs the basics of how a Windows operating system works. Tues., Thurs., Sept. 5, 10, 12, 17, 19 from 1:00-2:15 (5 classes). Cost \$15

**Basic II** - for the person who has mastered the Basic I class and would like to learn more advanced techniques for word processing, internet searching, file structure, etc. Tues., Thurs., Oct. 22, 24, 29, 31 from 1:00-2:30 (4 classes). \$15

**Pinterest** - learn about Pinterest, a pinboard-style photo-sharing website that allows users to create and manage theme-based image collections such as events, interest, and hobbies. Monday, September 16 at 10:00. Cost \$3.

**Facebook** - set up a Facebook account and get started connecting with friends and family. Must have a working email and knowledge of your email to take this class. Mondays-9:00-10:00, 3 sessions October 7, 14, 21. Cost \$10. ♦

### What is Pinterest?

Pinterest is similar to earlier social image bookmarking systems and allows users to save images and categorize them on different boards. They can follow other users' boards if they have similar tastes. Popular categories are travel, cars, food, film, humor, home design, sports, fashion, and art. Come learn more at the class on September 16. ♦

## HEALTH...HEALTH...

*Thursday, September 26 - 10:00*

### Skin Cancer Screening

Dr. Rolfe Horsley from IHC will be at the Center on **Thursday, September 26 at 10:00** for a skin cancer screening. Appointments are needed. After such a hot summer all of us need to have our skin checked. Dr. Horsley will assist you with that process.

Most skin cancers are highly curable. They are more common among women with light pigmented skin. Other risk factors include a family history of melanoma, personal history or diagnosis of non-melanoma skin cancer or pre-cancer.

At the current rate, one out of every 105 Americans born in 1991 will develop malignant melanoma during his or her lifetime. In contrast, the estimate in 1953 was only one in 1,500. The incidence of malignant melanoma is increasing at a rate greater than that of any other cancer. ♦

### Senior Centers

Senior Centers celebrate National Senior Center month during September. Did you know that today, nearly 11,000 senior centers serve 1 million older adults? Research shows that compared with their peers, senior center participants have higher levels of health, social interaction, and life satisfaction. Stop by a Center today!

# HEALTH SERVICES...HEALTH SERVICES...HEALTH SERVICES...HEALTH SERVICES...

## Upcoming Clinics

### September

#### Blood Pressure/Glucose Checks

Thurs., September 5- 11:00 - 12:00

#### Fall Prevention Speaker

Tuesday, September 24 - 10:30

#### Living Well with Chronic Conditions - 6 week class

Wednesday, September 18 - 1:00

#### Skin Cancer Screening

Thursday, September 26-10:00

### October

#### Blood Pressure/Glucose Checks

Thursday, Oct. 3- 11:00 - 12:00

#### Toenail Clippings

Thursday, Oct. 3 - 9:30-11:30

#### Flu Shots

Tuesday, Oct. 8 - 10:00-12:00

#### Basic Medicare Information

Thursday, October 17 - 10:30

#### Affordable Care Act Speaker

Tuesday, October 22 - 10:30

#### Blood Testing

Thursday, Nov. 7- 9:00- 11:00

Thursday, October 3 - 9:30-12:00

## Podiatrist

Dr. Scott Sheldon, a local Podiatrist, will be at the Center on **Thursday, October 3, from 9:30-12:00** to provide toenail clippings and routine foot screenings. *Dr. Sheldon is unable to provide services for people who are diabetic or on blood thinners.*

The cost is **\$10** and payment is required when making your appointment. Sign up now at the front desk for this service.♦

Tuesday, October 8- 10:00-12:00

## Flu & Pneumonia Shots

Community Nursing Services will be at the Center on **Tuesday, October 8 from 10:00-12:00**. You will be able to choose the regular Influenza Vaccine, High-Dose Vaccine, and Pneumonia shots.

The best time to come on flu shot day is NOT at the very beginning. You **MUST** bring with you to the flu shots:

Your Medicare card (and have Part B) OR

Community Nursing Services can bill the following plans: Altius, Blue Cross, DMBA, Educators Mutual, PEHP, Select Health, Summit Care, United Health Care, Medicare Part B, and many Medicare Advantage plans.

You might ask yourself do I need a Flu shot? As we age, our immune system weakens and our ability to fight illness decreases. Adults age 65 are more vulnerable to influenza. Vaccination is a safe, effective and best way to help protect against influenza.

Both vaccine options are covered by Medicare Part B with no co-pay.

Without a qualifying plan the Regular Influenza Vaccine is \$25 and the High-Dose Vaccine is \$50. Regular Influenza Vaccine is for all ages. High-Dose Vaccine is for 65 years of age or older. Regular and High-Dose Influenza Vaccine similarities: Three viral strains, including H1N1, no live virus, severity of side effects are equal.

The Pneumonia will also cost \$50 without a qualifying plan.♦



Thurs., Sept. 5 & Oct. 3

## Blood Pressure

Blood Pressure and Glucose Screening is offered on the 1st Thursday of every month. The services is free and runs from 11:00-12:00 in the lobby.

Thank you to Harmony Home Health for providing the service on the 1st Thursday of every month.

Harmony Salt Lake offers Home Health and Hospice. They are located at 5650 Green Street in Murray. For additional details, call 1-877-463-3322.♦

Thursday, Nov. 7 - 9:00-11:00

## Blood Testing

Blood testing is scheduled for **Thursday, Nov. 7 from 9:00-11:00** appointments are needed. The cost is **\$35** for a comprehensive Metabolic Panel, Lipid Profile, and Complete Blood Count. For an extra \$15 you can include a Prostate or Thyroid test. **Fasting is required.** Diabetics get preference for the early appointments. Appointments are made starting on Oct. 24. Payment is made to IHC the day of testing.♦

## EXERCISE...EXERCISE...EXERCISE...EXERCISE...EXERCISE...EXERCISE

### NIA

#### **Mondays**

9:00 - 10:00

\$10 per month, punch pass, or \$3

### STRENGTH CONDITIONING

#### **Mondays & Thursdays**

2:00-3:00

\$15 per month, punch pass, or \$3

### STRETCH & TONE

#### **Tuesdays & Thursdays**

9:00-10:00

\$15 per month, punch pass, or \$3

### TAI CHI

#### **Tuesdays & Thursdays**

10:30 - 11:30

\$15 per month, punch pass or \$3

### LINE DANCING

#### **Tuesday Everyone**

9:30-11:00

#### **Tuesday Beginners**

2:00-3:00

\$1.50 per class

### CHAIR A-ROBICS

#### **Wednesdays & Fridays**

11:15-11:45 Free

### YOGA

#### **Wednesdays & Fridays**

10:00-11:00

\$15 per month, punch pass, or \$3

### ZUMBA

#### **Fridays**

9:00-10:00

\$10 per month, punch pass, or \$3

### OPEN EXERCISE ROOM

#### **Open for use daily**

\$5 per month or \$1 per visit

Treadmill, Recumbent Bike, Hand & Leg Weights, Weight Machine.

**Total Fitness Pass** \$30 per month - unlimited classes & exercise room.

*Monthly Pass and 100% Attendance Challenge*

### **Special Monthly Total Fitness Pass**

The Center would like to help you with your exercise goals. Two programs are being offered.

#1 - Monthly Fitness Pass - Pay \$30 the first week of each month and then attend as many classes and utilize the exercise room as much as you'd like. The cost is just \$30 per month.

#2 - Take the 100% exercise challenge. If you attend a twice a week class 100% of the time during the month you'll receive a \$5 off coupon to use another month for any exercise class or program. Classes that are eligible for the 100% challenge include: Monday **NIA** & Friday **Zumba** (attend both classes each week), Monday & Thursday **Strength**, Tuesday & Thursday **Stretch & Tone**, Tuesday & Thursday **Tai Chi**, Wednesday & Friday **Yoga**. Make sure the front desk records you are here for 100% challenge. You may not combine different classes (except NIA/Zumba). ♦

*Tuesdays & Thursdays - 12:30*

### **U of U Exercise & Sports Volunteers**

A new group of U of U Exercise & Sports Students will be at the Center starting **Tuesday, September 3 at 12:30**. They will be with us every Tuesday & Thursday, from 12:30-2:00 until the end of November. They will be available to help you get the machines started, support your exercise program, and answer any questions.

The students are also offering a balance class during this time period, which will meet in the East Conference room beginning at 12:30.

**From 12:30 to 1:30** the students can help you improve your fitness level, increase your endurance, balance, & stretching abilities.

**From 1:30 to 2:00** they will be in the exercise room to help address individual exercise concerns. Participants have reported increased strength, balance, and overall well being. We want to say thank you to Jared, Leanne, Yasamin, & Mario for all their help this summer.

There is a sign-up sheet in the exercise room to request a time to meet with the students to assist you in meeting your exercise goals. Sign up is only required for one-on-one assistance, everyone is welcome to meet with the students to jump start their exercise program with the help they need!

**The exercise room cost is \$5 a month or \$1 a day. ♦**

## CLASSES...CLASSES...CLASSES...CLASSES...CLASSES...CLASSES

*Tuesdays - 12:45*

### Craft Day

A small group of participants from past craft classes meet on **Tuesday** afternoons at **12:45** to share their skills and knowledge of crafts and chat about things that are important in their lives. Newcomers are welcome. Bring your projects to share. ♦

*Tuesdays & Thursdays 8:30 - 12:00*

### Ceramics

The ceramic class operates on **Tuesdays** and **Thursdays** from **8:30 to Noon** and contains all the supplies and equipment you will need to produce knickknacks, works of art, and functional pieces such as plates and bowls. The instructor, Cindy Mangone, has information for the beginner to advanced student.

The cost to participate is \$1.50 each time you attend plus supplies. ♦

*Friday, September 13 - 9:00-11:00*

### Spanish Class

A six-week conversational Spanish class for anyone wanting to improve their Spanish skills begins **Friday, September 13 at 9:00** and will run through **October 18. Cost of the class is \$25.**

New and advanced students are welcome! Edie Andrew is an experienced Spanish teacher who will help you build and improve your skills. Books will be available after the first class. Sign up now. ♦

*Monday, September 23 - 9:30*

*Monday, October 28 - 9:30*

### Driver's Safety Class

The class will be held **Monday, Sept. 23** or **Monday, October 28 from 9:30 - 2:00**. Sign up now at the front desk.

This **AARP** driving class, taught by a volunteer instructor from the American Association of Retired Persons, is 4.5 hours of classroom instruction that helps redefine existing skills and develop safe, defensive driving techniques.

Sign up at the front desk. The cost of this class is \$12 for AARP members and \$14 for everyone else. The instructor will collect the fees at the start of the class. Bring your AARP membership card and valid driver's license. **Check with your insurance company to see if they offer a discount for attending this class.** If time allows, a safety check of each participant's car will be conducted. Sign up now. ♦

*Tuesday, September 24 - 10:30*

### Fall Prevention Class

On **Tuesday, September 24, at 10:30** a Physical Therapist from Superior Home Care & Hospice will be at the Center to discuss issues regarding falls.

One in three seniors aged 65+ falls each year, and this number increases to one in two by the age of 80. Falls are the number one cause of injury-related death! Eight people are hospitalized due to injuries from a fall every day. Ten are hospitalized or die from a fall-related traumatic brain injury (TBI) every week.

Falls are **NOT** a normal part of aging. The number of falls can be substantially reduced through evidence-based interventions, life-style changes, and community partnership. Come and learn how you can prevent a fall that could threaten your health and independence. This is a **FREE** class sign up now. ♦

### Savvy Saving Seniors - Thurs., Sept. 19 - 10:00

Due to the demand for this class, held in the spring, we are bringing back **Renee Miller** of **Zions Bank** for this important class. The class called Savvy Saving Seniors will be held on **Thursday, September 19 from 10:00-11:30**. Sign up now for this free class.

For many vulnerable and disadvantaged older adults, the path to economic security begins with basic money management. Learning how to budget, avoid scams and apply for benefits can help seniors stay secure and independent longer. The class will be taught in two parts: Part I covers budgeting tips, money management tips and tricks, benefits of banking, budget busters to avoid, and how to find and apply for benefits. Part II provides an overview of popular scams targeting seniors, tips for avoiding them, and next steps for victims of financial fraud. ♦

## CLASSES...CLASSES...CLASSES...CLASSES...CLASSES...CLASSES

*Wednesday, September 18-Wednesday, October 23- 1:00-3:00*

### Living Well with Chronic Conditions

The Heritage Center and Tosh Arthritis Program are offering Living Well with Chronic Conditions at the Center on Wednesday, September 18 through Wednesday, October 23 from 1:00-3:00. This program is accredited by Stanford University through their Chronic Disease Self Management Program.

Learn Self-Management of Heart Disease, Arthritis, Diabetes, Asthma, Bronchitis, Emphysema and others. This free 6-week course will cover different topics each week. Learn how to manage symptoms, use medications as directed, work with your health care team, set weekly goals, solve problems effectively, relax, and handle difficult emotions by making an action plan, using your mind to manage symptoms, develop problem solving skills and overcome pain and fatigue. This is a free class. Please plan to attend all 6 weeks of classes. ♦

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### Get The Bling On - Monday, Oct. 14 - 1:00-3:00

On **Monday, October 14 at 1:00** the Center is offering a new jewelry class, “**Get The Bling On.**” Participants will make a bracelet and earrings in this class. This is a great opportunity to make some custom jewelry for the up-coming holidays. It’s always fun to have new jewelry!

Iantha Folkman, Brigham City Senior Center Publicity Relations Manager (artist in her free time), will be traveling from Brigham City to instruct this “Get The Bling On” class. Many of you enjoyed her previous classes: “Beads, Rocks, and Buttons” or “Circle of Life”. Her unique jewelry classes have been well received and I know you will enjoy “Get The Bling On.”

This class will **cost \$18**. All supplies will be provided; samples will be on display in the foyer cupboard after September 10. You will be able to complete these pieces of jewelry in one class. Sign up now – limit 8. ♦

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### Affordable Care Act - Tues., October 22 - 10:30

A representative from AARP will be at the Center on **Tuesday, October 22 at 10:30** to present a power point discussion on the Affordable Care Act.

The main goal of the Patient Protection and Affordable Care Act is to help reduce the overall cost of health care in the United States. This presentation will provide an overview and time line of the law’s benefits: what it means for those on Medicare, for people ages 50-64, and for those with long term care needs. The class will follow with discussion time. This is a free class, sign up now.

*Wednesday, October 2 - 9:00-12:00*

### Painting Class

A new **6** week session of the painting class starts **Wednesday, October 2-9:00-12:00** and will run through **November 6**. The cost is \$30 and payment is needed in advance. Class size is limited.

Teri Wood-Elegante is the instructor. Teri has trained under some of the best masters in watercolor. She also will be teaching oils. Sign up now. ♦

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*Thursday, October 17 - 10:30*

### Basic Medicare Supplement Class

On **Thursday, October 17, at 10:30**, Troy Stover, Consumer Service Analyst, Utah Insurance Dept. Health Division, will be at the Center to offer a presentation on Medicare Supplemental Plans (also known as Medigap plans). He will also be speaking about agents and what agents can and cannot do when selling these types of policies to seniors. Open Enrollment for 2014 starts October 15 and runs until December 7. This is the time that you can purchase or change Advantage Care plans and also Part D – prescription plans. You may be just turning 65 this year and have a myriad of questions about Medicare, Medigap, or Part D-prescription plans. This is the class for you! *Mr. Stover will not sell you anything, only educate you on how best to handle your Medicare needs.* Class is free, sign up now.

	MONDAY	TUESDAY
<p><b>Heritage Center Events</b></p> <p>September 2013</p> <p><b>Heritage Center</b></p> <p>#10 E. 6150 S. (west of State Street) <b>801-264-2635</b> <b>www.murray.utah.gov</b> <b>heritage@murray.utah.gov</b></p> <p>we are here to serve you</p> <p><b>Monday-Friday</b> <b>8:00-4:30 and</b> <b>Thursday until 10:00 PM</b></p>	<div>2</div> <p><b>Center Closed</b></p> <p><b>Labor Day</b></p>	<div>3</div> <p>8:30 Ceramics 9:00 Stretch /<b>No Haircuts</b> 9:30 Line Dancing 10:30 Tai Chi 11:00 Canasta 11:30 Lunch 12:30 Exercise Help 12:45 Crafts 2:00 Beginners Line Dancing</p>
	<div>9</div> <p>8:00 Talons Cove/Golf 9:00 NIA 9:30 IMC Quilters 1:00 Bridge 1:00 Movie 2:00 Strength Conditioning 4:30 Open House 5:00-7:00 Dinner Served 7:00 Free Concert</p>	<div>10</div> <p>8:30 Ceramics 9:00 Stretch / Haircuts 9:30 Line Dancing 10:30 Tai Chi 11:00 Canasta 11:30 Lunch 12:30 Exercise Help 12:45 Crafts 1:00 Basic I 2:00 Beginners Line Dancing</p>
	<div>16</div> <p>9:00 NIA 9:30 IMC Quilters 1:00 Bridge 1:00 Movie 1:00 Pinterest 2:00 Strength Conditioning</p>	<div>17</div> <p>8:30 Ceramics 9:00 Stretch / Haircuts 9:30 Line Dancing 10:30 Tai Chi 11:00 Canasta 11:30 Lunch 12:30 Exercise Help 12:45 Crafts 1:00 basic I 2:00 Beginners Line Dancing</p>
	<div>23</div> <p>8:30 Meadowbrook/Golf 9:00 NIA 9:30 IMC Quilters 9:30 AARP Driving Class 1:00 Bridge 1:00 Movie 1:00 Frosted Lantern Craft 2:00 Strength Conditioning</p>	<div>24</div> <p>8:30 Ceramics 9:00 Stretch /Haircuts 9:30 Line Dancing 10:30 Tai Chi 10:30 Fall Prevention Class 11:00 Canasta 11:30 Lunch 12:30 Exercise Help 12:45 Crafts 2:00 Beginners Line Dancing</p>
	<div>30</div> <p>9:00 NIA 9:30 IMC Quilters 1:00 Bridge 1:00 Movie 2:00 Strength Conditioning 5:00 Golf Banquet</p>	

WEDNESDAY	THURSDAY	FRIDAY
<div>4</div> 9:00 <b>No Painting</b> 9:15 Pinochle 10:00 Yoga 11:15 Chair A'Robics 11:30 Birthday/Lunch 12:45 Bingo 1:00 Bridge 1:00 Wii Wednesday	<div>5</div> 8:30 Ceramics 9:00 Stretch & Tone 10:30 Tai Chi 11:00 Blood Pressure/Glucose 11:30 Lunch 12:30 Mexican Train 12:30 Exercise Help 12:45 Happy Hatters 1:00 Square Dancing / Basic I 2:00 Strength Conditioning 7:00 Dance	<div>6</div> 9:00 Zumba 9:30 Computer Help 10:00 Yoga 11:00 Greek Festival 11:15 Chair A'Robics 11:30 Lunch 11:45 Massage 12:45 Bingo 1:00 Bridge
<div>11</div> 9:00 Painting 9:15 Pinochle 10:00 Yoga 11:00 Attorney 11:15 Chair A'Robics 11:30 Lunch 12:45 Bingo 1:00 Bridge/ Wii Wednesday	<div>12</div> 8:30 Ceramics 9:00 Stretch & Tone 10:00 Leonardo Trip 10:30 Tai Chi 11:30 Lunch 12:30 Mexican Train 12:30 Exercise Help 1:00 Square Dancing / Basic I 2:00 Strength Conditioning 7:00 Dance 7:00 UTE RC	<div>13</div> 9:00 Zumba 9:00 Spanish 9:30 Computer Help 10:00 Yoga 11:15 Chair A'Robics 11:30 Lunch 11:45 Massage 12:45 Bingo 1:00 Bridge
<div>18</div> 9:00 Painting 9:15 Pinochle 10:00 Yoga 11:15 Chair A'Robics 11:30 Lunch 12:45 Bingo 1:00 Bridge 1:00 Wii Wednesday 1:00 Chronic Conditions	<div>19</div> 8:30 Ceramics 9:00 Stretch & Tone 10:00 Savvy Saving Seniors 10:30 Tai Chi 11:30 Lunch 12:00 Happy Hatters at Park 12:30 Mexican Train/Exercise 1:00 Square Dancing / Basic I 2:00 Strength Conditioning 3:30 Jam Session 7:00 Dance	<div>20</div> 9:00 Zumba 9:00 Spanish 9:30 Computer Help 10:00 Yoga 11:15 Chair A'Robics 11:30 Lunch 11:45 Massage 12:45 Bingo 1:00 Bridge
<div>25</div> 9:00 Painting 9:15 Pinochle 10:00 Yoga 11:15 Chair A' Robics 11:30 Lunch 12:45 Bingo 1:00 Bridge 1:00 Wii Wednesday 1:00 Chronic Conditions	<div>26</div> 8:30 Ceramics 9:00 Stretch & Tone 10:00 Skin Cancer Screening 10:00 Fall Colors Trip 10:30 Tai Chi 11:30 Lunch 12:30 Mexican Train/Exercise 1:00 Square Dancing 2:00 Strength Conditioning 7:00 Dance	<div>27</div> 9:00 Zumba 9:00 Spanish 9:30 Computer Help 10:00 Yoga 11:15 Chair A'Robics 11:30 Lunch 11:45 Massage 12:45 Bingo 1:00 Bridge



The Popular Oktoberfest tickets go on sale September 19.  
Choose your table and choose Chicken or Bratwurst for the meal.  
Then enjoy the Salsburger Echo and Lunch on October 24.

## RECREATION...RECREATION...RECREATION...RECREATION...RECRE

### Billiards and Indoor Shuffleboard



Pool tables, indoor Shuffleboard, and table tennis are provided for your recreational enjoyment during the Center's hours of operation. Visit the pool room at the east end of the building where this equipment is located. ♦

### Pinochle - Wednesdays at 9:15



Pinochle tournaments are held on **Wednesday** mornings at 9:15 am. Players must check in no later than 9:00. No advance sign-up is required. The cost is \$2 and is paid tournament day. Copies of tournament rules are posted on the bulletin board. ♦

### Bridge - Mon., Wed. & Fri. at 1:00

Informal Bridge play (Chicago/Party) is held on **Monday, Wednesday** and **Friday** afternoons from 1:00-4:00. Some players arrive early to practice and start finding first-round partners. If an even number of players are not available when the play begins then the last person to arrive will be rotated in or three handed bridge will be played if needed. Copies of the bridge play guidelines are posted on the bulletin board in the card room. ♦

### Canasta Games - Tuesdays 11:00 - 2:30



Canasta games are conducted on **Tuesdays** from **11:00 to 2:30** with a break at noon for the Center's lunch. Beginners are welcome, all games are free, and anyone can join in on the fun. ♦

### Birthday Wednesday - September 4 & Oct. 2

Celebrate your birthday on the first Wednesday of the month and you could win a free lunch. The lunch is on us if you're turning 60, 70, 80, 90... this month (just tell the person collecting the money you've hit a decade). ♦

### Bingo - Wednesday & Friday at 12:45



Bingo is played every **Wednesday** and **Friday** at 12:45. Bingo is free and winners receive a \$5 gift certificate to Smith's Grocery or Village Inn Restaurant. A special *THANK YOU* to Village Inn for donating a pie each week for the elimination bingo game. Come enjoy a day of Special Bingo as we honor the patriots who have sacrificed for us and celebrate the harvest season on Wednesday, September 11. Prizes sponsored by Memorial Mortuaries. ♦

*Tuesdays 9:30 & 2:00*

### Line Dancing

Enjoy some great exercise, stimulate your brain, and meet friends. **Tuesdays at 9:30** for all dancers and **Tuesday** afternoon at **2:00** for Beginners. The cost is \$1.50 and is paid the day of class and placed in the box on the stage. The instructor is Shirlene Lundskog who dances with the Sandy Line Dance performing group. ♦

*Thursdays 1:00-3:00*

### Square Dancing

Kick up your heels with Square Dance caller Don Carlton on **Thursday** afternoons from **1:00-3:00**. The cost is \$1.50 per day and is paid when you arrive. Don has been calling and conducting classes for more than 40 years. Bring a friend and give it a try. ♦

*1st & 3rd Thursday at 12:45*

### Happy Hatters

The Center Red Hat Society chapter meetings are held on the **1st Thursday** of each month at **12:45** to play BUNCO and on the **3rd Thursday at 12:45** to play Hand & Foot. **Pat Bell** has been selected by the group to be Vice Queen. Meetings in September will be September 5. The annual Picnic Social will be held at Murray Park pavilion #2 on September 19. Sign up for this potluck picnic with Kathleen or Pat. Oct. meetings will be Oct 3 & 17.

## RECREATION...RECREATION...RECREATION...RECREATION...RECRE

*Mondays at 1:00 - FREE*

### Monday Movies

Monday movies are shown in the West Conference Room. Movies begin at 1:00 and the popcorn is free! Be in your seat by 1:00, bring a friend, and enjoy the show.

September 9-**Love and Honor** -2013-100 minutes

September 16-**Star Trek Into Darkness**-2013-131 minutes

September 23-**Amour**-2013-127 minutes.

September 30-**Epic**-2013-102 minutes

October 7-**Oblivion**-2013-124 minutes

October 14-**Now You See Me** -2013-115 minutes

October 21-**Iron Man 3**-2013-130 minutes.

October 28-**World War Z**-2013-116 minutes.

Movie Ideas? See Calli or Maureen and they'll try to add it to the schedule.

### Frosted Lantern Craft

A fall craft will be taught on **Monday, September 23** from **1:00-2:30**. The cost is \$5 and includes all supplies needed to make a frosted lantern.

A sample is in the lobby display case. Sign up now.

*National Senior Center Month - "Senior Centers--Experts at Living Well"*

### Open House - Monday, September 9 - 4:30-8:00

**Monday, September 9 at 4:30** the Center will celebrate National Senior Center month. This year's theme is **"Experts at Living Well"**. Everyone is welcome to attend our "Open House." This is the Center's opportunity to showcase our facility to the community. Invite friends and family to tour the Center, enjoy dinner, and listen to some of the best music in the valley. Harmony Five will play on the



Great Basin Street Band  
performs at 7:00

patio from 5:00-6:00. Dinner will be served from 5:00 - 7:00 and the Great Basin Street Band will conclude the evening events with a performance at 7:00 PM in the backyard. The cost for dinner is \$6 per person or \$20 for a family of 4 and all of the other activities are free. Advance dinner tickets are needed. Enjoy BBQ Pork Ribs, Baked Beans, Cole-slaw, Roll and Butter, and top it off with Peach Cobbler and Ice Cream.

The Utah Museum of Contemporary Art will have their Art Truck in our parking lot from 4:30-6:30 during our Open House. The

Art Truck is recognized as the best educational program in the State of Utah; it brings exciting and accessible contemporary art, created by leading local and national artists, directly to community venues along the Wasatch Front. A teaching guide and professional educator will walk you through the Art Truck experience. On display will be the works of Carlos Rosales-Silva, a contemporary artist from Austin, Texas whose paintings, photos, sculptures, and drawings investigate themes of borders, diversity and identity. Everyone is welcome to visit the Art Truck and experience Rosales-Silva's unique works of art that evening.

This year, the Center will spotlight many seniors who have created life-time works of art and want to share them with our guests. There are so many talented participants at the Center daily, weekly, or occasionally and all are welcome to submit their "art" for display during the Open House. Works of art could be as ordinary as Blue Ribbon jam or as ornate as hand carved or painted wooden items. The display items must fit on the tables in the Activity Room. I encourage all to participate in this very special evening and display your unique talents in the Activity Room for all to enjoy.

The 3 winners from the Power Company Essay Contest will also be announced during the Open House. All essays should have been submitted by August 23. You do not need to be present to win the essay contest. ♦

## RECREATION...RECREATION...RECREATION...RECREATION...RECRE



**Thursday  
October 24  
11:00-1:30**

Our annual **Oktoberfest** is on **Thursday, October 24 from 11:00-1:30**. Registration for this event begins on Thursday, September 19 at 8:00. The cost is \$8 and includes lunch and entertainment by the Salzburger Echo band.

Purchase all or any portion of a table (8 seats) when you buy your ticket and let the desk know if you'd like Chicken or Bratwurst for lunch. The party has been sold out every year since 1989. Do not delay in purchasing your tickets or group table.

The **Salzburger Echo** band brings music of the Alps to the Center featuring Old World Folk and traditional music from Germany, Austria, and Switzerland. Dressed in regional costumes and playing instruments, such as the Swiss cowbell and the twelve-foot alphorn, they are always entertaining. Register early (seating is limited) and join us for this annual event.

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### Brunch Café Thank You

The Center extends a big thanks to all the volunteers that donated their time at the Brunch Café. This year's Brunch was an enormous success, it exceeded our best expectations!

Thank you to Richard Espinoza, Dottie McLean, Adam Schweitzer, Vickie Mower, Select Health Employees, Heritage Center Jam group, Calli, and all her kitchen interns.

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### Cricut Available

Cricut is a die-cut machine that provides a variety of craft options. You can pick fonts or graphics to help with your crafting needs. The machine is housed in the activity room and Cindy can give you some basic instruction on Thursday mornings. The craft group meets on Tuesday, and the machine will also be available during the Tuesday afternoon craft group. Check with the front desk if you'd like to use the machine. Other times are available when the room isn't in use. You will need to bring your supplies such as paper, vinyl, or the glass for an etching project. The cost to use the machine will be \$2 for an hour of use. The small fee will help the Center with purchasing new blades and cartridges. ♦

### Golf Wrapping Up!

Two tournaments remain in the Heritage golf season. New players are still welcome to join in 18 holes of golf at the following courses:

9/9 -8:00 Talons Cove - \$38.

9/23 - 8:30 Meadowbrook-\$37.

The season will conclude with a banquet at the Center on **Monday, September 30 at 5:00**. Dinner, entertainment, prize raffle and awards will be held as well as a new golf committee selected. The Cost is \$5 for registered golfers and \$8 for guests. Advance registration and payment is needed. ♦

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*Friday, Dec., 6- 10:00-3:00*

### Sell at the Winter Boutique

**The Center is looking for** artists and craftsmen interested in selling their crafts at our Winter Boutique on Friday, December 6. The cost is \$30 a table and tables are limited to the first 13 who sign up and pay (*one table per vendor*). Signup and payment begins on September 16. No reservations may be made until September 16. If you desire a specific table you must come into the Center to reserve your spot. All proceeds from the sales will be yours to keep. The Center will have a table with the proceeds going to the Center. Donations of Handmade items are currently being requested for the Heritage Center table (new items only please.) ♦

## RECREATION...RECRE

*Stuff the Backpacks*

### Halloween

The Heritage Center will put a different twist on Halloween this year. The children from our Pen Pal class at Liberty Elementary will visit us and parade in their costumes on **Thursday, October 31 at 11:30**. Instead of handing out candy, we will fill their backpacks with needed school supplies. We are looking for donations to put into the backpacks. Supplies requested include:

- Pencils
- Eraser (10 pack)
- Pocket Folders
- Glue Sticks
- Spiral Notebooks
- Pens
- Dividers
- Crayons (box of 16)
- Markers
- Highlighters
- 3x5 Index Cards

We will be filling 30 backpacks with the items listed above. Donations will be accepted anytime before **October 31**. Sign up at the front desk if you'd like to take care of a specific item (i.e. 30 pens, 30 notebooks, etc.) or just bring in the item of your choice. Let's treat these kids to a bag full of "goodies" for Halloween!

**School Supplies  
Requested**



## THURSDAY EVENING...THURSDAY EVENING...

### Thursday Evening Center open until 10:00 PM

The Center is open until 10:00 PM on Thursday evenings. Enjoy the computer lab, billiard room, exercise room or dance to the music of Tony Summerhays. Scheduled programs listed below:

**Evening Social Dance** -- Dance to the musical genius of Tony Summerhays each Thursday night from **7:00-10:00 PM**.

**Cost** of this activity is **\$4 per person**. Refreshments will be served during the break and door prizes will be given each week. Advanced registration is not required. Pay at the door.

The Heritage Center wants to say thank you to all the dancers that came and enjoyed the evening dinner dance in August 8. Thank you to Tony for sponsoring the dinner portion of the evening. It was a great success!

Each Dance is supported by a sponsoring agency which provides the refreshments and a door prizes. July & August our sponsors were: Village Inn Murray, Village Inn West Jordan, Chuck-A-Rama, Tony Summerhays, Noreen Hansen, Texas Road House Taylorsville, Jim Hartman, Texas Road House Sandy, Canyon Creek Assisted Living & Grace Ernsten.♦



**Remote Control Aircraft Club** --The Ute Radio Control Association will meet at the Center on **Thursday, September 12 & October 10** at 7:00 PM to share flying stories, display member's aircraft, review upcoming activities, and discuss items related to the club's functions. Those interested in Remote Control Flight of aircraft of any type, pilots of any skill level, please come by. The club meets on the second Thursday of every month.♦

## Quilt Raffle

\$1 each or 6 for \$5

**Drawing held on Oct. 24** - Need not be present to win!

Thank you IMC Quilters for making the quilt.  
All proceeds will go to the Heritage Center.

## SERVICES...SERVICES...SERVICES...SERVICES...SERVICES...SERVICES

*Fridays, 11:45-3:45*

### Massage Therapy

Massage Therapy continues on **Fridays from 11:45-3:45**. Appointments are required and can be made up to four weeks ahead of time. The cost is \$9 for fifteen minutes, \$18 for a half hour, and \$36 for an hour. Payment is due when you make the appointment. If you cannot make your scheduled appointment time, cancellations must be made 24 hours in advance for a refund.

Thelma L. Baker is a licensed massage therapist specializing in therapeutic massages. You can choose from a hand massage, a foot massage, a seated neck and back massage, or a full body massage. If you have a more specific request, please ask Thelma. She may be able to accommodate you. ♦

### Scholarship Program

In an effort to enable all senior adults access to Center programs, activities, and meals at the Heritage Center regardless of their ability to pay for services, a Heritage Center Scholarship Program is available. The scholarship provides \$70 per month to an individual to help pay for Center activities. The program is made possible by donations.

In order to be eligible for the Scholarship Program, you must prove a financial need and meet certain criteria. Applications are available at the front desk or from the Center Director. ♦

*Tuesdays from 9:00-12:00*

### Barber Shop is Open

The Center offers haircuts for men and women on **Tuesday** mornings from 9 to noon. Cost of this service is \$8. Only haircuts and trims are being offered at this time. The barber is Lisa Kesler who has many years of experience cutting hair.

Haircuts are scheduled by appointment, every 20 minutes, starting at 9:00. Appointments and payment are required in advanced. Cancellations need to be made 24 hours in advance for a refund. ♦

### Newsletter Subscription

Pick up a newsletter at the front desk (.75¢ donation.) Newsletter Subscriptions are available for \$18 per year and are mailed to your home. Or view the newsletter on-line at [www.murray.utah.gov](http://www.murray.utah.gov) (Department-Heritage.)

The newsletter is also emailed to anyone who has a participant card and has given the Center a current email address. ♦

### Please bring Change

Please help us by bringing small bills to the Center when paying for lunch and other activities. When we have 3 people bring a \$20 bill for their \$4 lunch, our change is depleted in a hurry. Thank you for helping us out and changing your large bills at the bank before you come. ♦

*Wednesday, Sept. 11 & Oct. 9*

### Attorney Consultations

An attorney will be available for free 20 minute legal consultations on **Wednesday, September 11 OR October 9 from 11:00-1:00**. Appointments are needed and are made at the front desk.

Senior Center Legal Clinics, are a pro-bono program sponsored by the Utah State Bar Committee of Law and Aging. Volunteer lawyers will consult with you, advise you, or attempt to refer you to other sources of help but they will not attempt to represent you. Bring any documents and forms pertaining to your question. ♦

### Volunteers Needed

We are now beginning our busiest season at the Center. We are asking for volunteers to support our many up-coming Special Events. Help is needed for Oktoberfest, Veteran's Day, Thanksgiving, & The Winter Boutique. The time you spend helping with any one of these events could only amount to a few hours but your time contribution makes a huge difference. The Center has always been known for having grand Special Events, the reason for our great success is our very special volunteers. See Moe if you have some time to share with the Center this fall.

Chuck-A-Rama 20% discount cards are available at the front desk for \$1.

## MISC...MISC...MISC...

### Village Inn Fund-raiser

Enjoy dinner at the Murray Village Inn located at 5941 S. State on Friday, September 27 between 5:00-8:00 PM and a portion of the sales will be donated to the Heritage Center. Enjoy breakfast anytime or their special Friday all you can eat Fish Fry. They also offer an early dinner deal that includes a slice of pie if you eat before 6:00.



The Heritage Center would like to Thank Village Inn for their continued support. They donate fresh pies to the weekly bingo and dance program along with discounts on coupons for the bingo program. Thank you Village Inn! ♦

### Pen Pals Needed!

The 2013-2014 Pen Pal program is about to begin (starts in October) The Center is in need of approximately 30 participants who would like to write a letter once a month to a 5th grade student at a local elementary school. Volunteers are assigned a student to write to from October-May. At the end of the school year, a party is held and you have the opportunity to meet your pen pal. Your letter to the student is dropped off at the front desk and then a week later you come by the front desk to pick up the reply from the student. You then have two weeks to write a letter again and the process starts over again. Sign the interest sheet at the front desk if you would like to be a pen pal.

## VOLUNTEERS...VOLUNTEERS...VOLUNTEERS

### Volunteer of the Month

Our Volunteer of the Month, Karen Maynard, and her husband are new to the Heritage Center and joined the golf program this year. At the organizational meeting in March, Karen immediately asked where she could help at the Center and specifically with the golf program. Janene Wallace, who for many years entered the golfers' scores into the computer, decided to take a break this year, so Karen Maynard jumped right in and volunteered for the job.



Karen was born in Colorado and moved to Helper, Utah when she was four. After high school, she moved to Salt Lake City to attend the University of Utah. She worked many different jobs over the years including time spent as an Administrative Assistant (where she got her love of facts and figures).

She has a wonderful husband, David, with whom she pairs up to play golf and three children, two sons and one daughter, as well as six grandchildren (3 boys and 3 girls). Her hobbies include all things crafty as well as sewing, quilting and reading. Most of her summers are filled with golf and swimming while her winters are spent enjoying her hobbies and bowling. She leads a very active lifestyle.

We are excited to have Karen helping with the golf program and hope to get her and her husband involved in the other great Heritage Center activities. She will be honored at the Golf Banquet on September 30. ♦

### Pickleball in the Park

Pickleball is one of the fastest growing sports in the country and is an excellent activity to stay active and in shape. **Murray Parks and Recreation** has teamed up with **Select Health** to purchase two portable Pickleball courts and will introduce this fun sport to the public with a Pickleball in the Park event in Murray Park. This special event will feature an introduction and exhibition play by experienced local Pickleball players as well as open play with instruction all at the site of the Murray Farmers Market. Select Health will have a booth to answer questions about their Medicare supplemental plans. Come out and visit Pickleball in the Park, **Saturday, September 28, 9:00 – 1:00** at Pavilion #5 in Murray Park. ♦



Travel with friends...

## CENTER TRIPS



-- EACH PERSON MAY REGISTER FOR HIM/  
HER SELF AND NO MORE THAN ONE  
OTHER PERSON FOR EACH TRIP --

Friday, September 6 – 11:00

### Greek Festival

The Center bus will travel to the Greek Festival in downtown Salt Lake on **Friday, September 6, departing at 11:00.** The bus will return for your ride back to the Center at 2:00. The cost of the trip is \$5 for transportation and entry. All other expenses are the responsibility of the participant. You may sign up for this trip starting **August 28.**

You will step off the bus on the corner of the Greek Orthodox Church where crafts, dance, music, food and tours will be available for your enjoyment. ♦

Thursday, September 12 - 10:00

### The Leonardo – 101 Inventions

Certain turning points in humankind's history have been defined by the creation or discovery of something profound. From stone tools to the birth of the internet, driven by necessity and accident we have shaped our own destiny through invention. These inventions act as historical punctuation points in this multi-sensory experience that explores not only the inventions themselves, but also suggests the reasoning behind their development and their consequent effect on humankind. Lunch will be on your own at the Leonardo's *Food For Thought Cafe*.

The bus departs the Center on **Thursday, September 12** at 10:00 and will return about 2:30. Cost is \$15 and includes all the exhibits currently on display at the Leonardo. Signups begin **August 29.** ♦

### Tooele for Breakfast - Wed., October 16 - 9:00

Once again our Center bus will be headed to the Tooele Senior Center for the **"2nd Best Breakfast in Utah."** The bus will depart the Center at 9:00 A.M. on **Wednesday, October 16** and return about 12:00 P.M. **Cost is \$6** for transportation and the breakfast. Bus capacity limited to 20 participants. Sign up now for this trip. ♦

Thursday, September 26 - 10:00

### Fall Colors Drive

With Fall just around the corner, mark your calendars for **Thursday, September 26** for the annual Fall Colors drive. A chartered bus will leave the Center at **10:00** and return around **4:00.** The cost is \$30. Space is limited: Sign ups begin **September 4.**

The bus will travel through Spanish Fork Canyon to Indian Canyon and on to Duchesne where we will enjoy lunch at Cowan's Café. After lunch we will travel along Highway 40, past Strawberry Reservoir, down Daniels Canyon to Heber, then Provo Canyon home. ♦

Thursday, October 10 - 8:30

### Wendover

Travel to Wendover on **Thursday, October 10** and enjoy a day at the Rainbow Casino. A chartered bus has been scheduled for the trip and the **cost is \$17** per person and includes transportation, a bonus package from the casino, a buffet luncheon, and free bingo on the bus. Depart the Center at **8:30 am** and return at approximately **7:00 pm.** You may sign up for this trip now. ♦

Wednesday, October 23 - 10:00

### Antelope Island State Park

Antelope Island State Park, the largest island in the Great Salt Lake, is home to a free roaming herd of about 500 bison. Pronghorn, deer and bighorn sheep also share the rangelands that overlook the desert lake. The visitor center offers information on the island's unique biology, geology and history.

The world famous bison roundup takes place October 25-27. Volunteer wranglers will saddle up and move the Park's herd of bison from the southern tip of the island to the bison corrals on the northern end of the island.

The bus will depart the Center at 10:00 A.M. on **Wednesday, October 23** and return about 3:30 P.M. **Cost is \$12** and includes a sack lunch. Sign up beginning October 9 for this trip. ♦

No Lunch Reservations Needed!  
Drop by for the regular menu  
item listed below or choose a  
salad or sandwich.

## SEPTEMBER 2013

### Heritage Center Menu

NO RESERVATIONS NEEDED unless it is a special event

Lunch is served anytime between 11:30 - 12:30

Pay and make your selection when you are ready to eat.

Prices range from \$2.00 - \$4.00

Monday	Tuesday	Wednesday	Thursday	Friday
<b>CLOSED</b> <span>2</span>	<b>TARRAGON CHICKEN</b> <span>3</span> Rice Pilaf Veggies Scotcheroos or Fruit	<b>FIESTA LIME CHICKEN</b> <span>4</span> Cilantro Rice Salad Birthday Cake and Ice Cream or Fruit	<b>APPLE BACON SALAD</b> <span>5</span> 1/2 Sandwich Fruit Pistachio Layer Bars or Fruit	<b>SPAGHETTI BOLOGNESE</b> <span>6</span> Veggies Breadstick Raspberry Tiramisu or Fruit
Advance tickets <span>9</span> <b>DINNER SERVED</b> 5:00-7:00 Ribs, Slaw, Roll, Baked Beans, Peach Cobbler and Ice Cream!	<b>PARMESAN CRUSTED SALMON</b> <span>10</span> Baked Potato Veggies Toffee Apple Cake or Fruit	<b>POT ROAST</b> <span>11</span> Mashed Potatoes Gravy and Peas Berries and Cream Cookies or Fruit	<b>CHICKEN AND BISCUITS</b> <span>12</span> Green Salad Peanut Butter Pretzel Brownies or Fruit	<b>HONEY TERIYAKI BEEF</b> <span>13</span> Garlic Fried Rice Veggies Ginger Cookies or Fruit
<b>NO LUNCH</b> <span>16</span>	<b>CUBAN SANDWICH</b> <span>17</span> Fruit & Chips Coconut Lime Cake or Fruit	<b>FRENCH ONION PASTA</b> <span>18</span> Salad Chocolate Brown Sugar Cupcakes or Fruit	<b>CHICKEN CHILE RELLANO CASSEROLE</b> <span>19</span> Southwest Slaw Flan or Fruit	<b>SPRINGS CHICKEN</b> <span>20</span> Baked Potatoes Veggies Red Velvet Cupcakes or Fruit
<b>NO LUNCH</b> <span>23</span>	<b>DRUNKEN CHICKEN</b> <span>24</span> Rice Pilaf Veggies Banana Toffee Cookies or Fruit	<b>LASAGNA</b> <span>25</span> Caesar Salad Breadstick Pistachio Cupcakes or Fruit	<b>LEMON ONION BBQ PORK CHOPS</b> <span>26</span> Potato Salad Fruit Berry Coconut Bars or Fruit	<b>THAI CHICKEN AND SHRIMP OVER RICE</b> <span>27</span> Veggies Oatmeal S'mores Bar or Fruit
<b>NO LUNCH</b> <span>30</span> Golf Banquet at 5:00. Advance Tickets needed	Lunch Options Available - in addition to the regular menu items listed above, you can also choose the option of a salad, sandwich, chef special, or panini (grilled sandwich). Choose when you enter the kitchen.			

No Lunch Reservations Needed!  
Drop by for the regular menu  
item listed below or choose a  
salad or sandwich.

**OCTOBER 2013**

## Heritage Center Menu

NO RESERVATIONS NEEDED unless it is a special event

Lunch is served anytime between 11:30 - 12:30

Pay and make your selection when you are ready to eat.

Prices range from \$2.00 - \$4.00

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>BEEF STROGANOFF</b> Egg Noodles Veggies Lemon Supreme Cookies or Fruit	<b>HONEY CHICKEN</b> Mashed Potatoes Brussels Sprouts Birthday Cake & Ice Cream or Fruit	<b>ASIAN PORK KABOBS</b> Coconut Rice Veggies Pavlovas or Fruit	<b>STUFFED BURGERS</b> Oven Fries Salad PB&J Rice Krispie Treats or Fruit
<b>NO LUNCH</b>	<b>QUESO CHICKEN</b> Cilantro Rice Salad Best Sugar Cookies or Fruit	<b>GARLIC PESTO CHICKEN PASTA</b> Green Salad Apple Slab Bars or Fruit	<b>MEATLOAF</b> Mashed Potatoes Gravy Green Beans Orange Pretzel Salad or Fruit	<b>ROSEMARY PROSCIUTTO PORK</b> Roasted Potatoes Veggies, Mocha Cake or Fruit
<b>NO LUNCH</b>	<b>LEMON DILL SALMON</b> Baked Potatoes Veggies Mississippi Mud Brownies or Fruit	<b>SWEDISH MEATBALLS OVER RICE</b> Broccoli Carrot Cake or Fruit	<b>BBQ PORK BURGERS</b> Chips Fruit Cookies and Cream Cake or Fruit	<b>TORTILLA SOUP</b> Quesadilla Wedges Salad Tres Leches Cake or Fruit
<b>NO LUNCH</b>	<b>THAI CHICKEN ENCHILADAS</b> Salad Macaroons or Fruit	<b>CHICKEN PARMESAN</b> Roasted Veggies New Orleans Brownies or Fruit	Advance ticket-\$8 <b>OKTOBERFEST</b> Beer and Onion Braised Chicken or Bratwurst, Potato Latkes, Green Beans, Roll, Apple Cake, Root Beer	<b>CRUSTED TILAPIA</b> Rice Pilaf Veggies Banana Caramel Cake or Fruit
<b>NO LUNCH</b>	<b>POPPYSEED CHICKEN OVER RICE</b> Carrots Peanut Butter Cookies or Fruit	<b>STUFFED PEPPERS</b> Salad Roll Pecan Pie Cobbler or Fruit	<b>FRIDAY HALLOWEEN LUNCH - DO YOU DARE?</b> Crispy Brain Stuffed Mushrooms, Sweet & Spicy Bat Wings, Witches' Brew Stew with Mummy Skin Crisps, Graveyard Greens with Moldy Dressing, Poisoned Apple Spice Cake with Ice Scream, Petrified Punch	